



Dreamfinder
DISCOVERING THE DIVINE THROUGH YOUR DREAMS

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What's in a Dream?

This book is designed to help you find the key to understanding the incredible world of your dreams. By unlocking your dreams, you can open up a vast reservoir of information that you might not yet be aware of; information that your unconscious brings you every night. If you sleep eight hours a night, you sleep ten days out of every month. In an average lifetime a person sleeps for about twenty-five years. During that time you have an average of five or more dreams every night, even if you can't remember them. The time you spend sleeping is not just downtime useful only to rejuvenate you. It's a time of intense creativity, and your dreams contain a gold mine of information for your life, your health, and your spiritual development.

Sometimes we think of dreams as not real or less real than our waking state. "It was only a dream," we say. But for people of ancient times and for aboriginal people today, there was and is no such distinction